

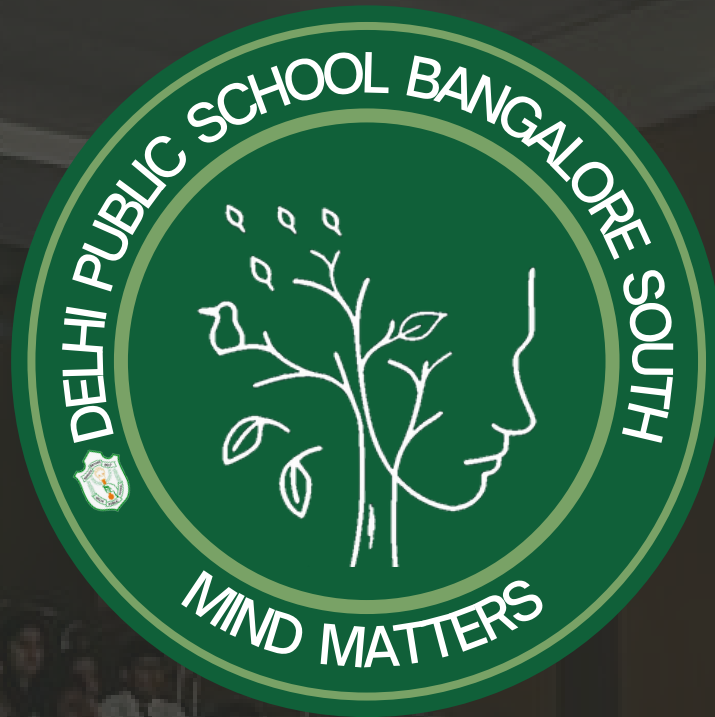


Delhi Public School Bangalore South

PRESENTS

# Mind Matters

2025



10<sup>th</sup> & 11<sup>th</sup>  
October

Peer Educators Initiative for Wellbeing

# WELCOME NOTE



With great pleasure, we welcome you back to our Young Adolescent Peer Educators Leadership Conclave - "MIND MATTERS 2025". As part of World Mental Health Day, we propose creating awareness on the theme "Access to services – mental health in catastrophes and emergencies" through various thought-provoking discussions, interactive workshops, collaborations with mental health institutes and organisations, stall exhibitions, inter-school competitions, and more. This year, as we organize the Mind Matters Conclave on the 10<sup>th</sup> and 11<sup>th</sup> of October, we invite you all once again for wholehearted participation on both days.

We are thrilled to introduce an exciting new addition in this years "Mind Matters 2025" that is the psychology event-mind in motion. This event is curated and lead by passionate Senior Secondary students of Psychology Department. This immersive experience invites participants to explore the captivating world of human mind through interactive games and stimulating challenges. It aims to promote mental health awareness, spark curiosity, and make learning about human behaviour fun and engaging. Your participation and contribution are vital to the success of this Regional Conclave. We will truly be excited to see the impactful ideas and solutions that will emerge from our time together. The proposed event aligns perfectly with our school's vision and commitment to holistic development. The primary goal for the event is to nurture leadership skills and qualities among the youth in institutions and schools. This event will help the youth to share and empower each other through best practices of mental health and life skills employed in their respective institutions.



# FROM THE PRINCIPAL'S DESK



It gives me extreme delight to cordially invite you to "MIND MATTERS 2025" - The Young Adolescent Peer Leadership Conclave . We are all aware that the need for mental health awareness and support has never been more critical than ever before. We look forward to the enthusiastic participation of your school in an important event - uniting schools, educators, parents, and students in a shared commitment to prioritise mental well-being:-

The programme is a one-of-a-kind event which will feature -

1. Presentations from the experts and faculty members will provide you with deep insights and practical strategies that can be implemented in your schools to create a more supportive and empathetic environment for all.
2. Inter-school competitions that will serve to be the perfect platform for students to exhibit their innate talent, creativity and imagination to vocalize their ideas relevant to the assigned topics in their respective events.
3. Stall exhibition - Schools are invited to put up their exhibits highlighting the best practices and strategies employed to inculcate life skills and create awareness of mental well-being among student, teacher and parent communities.

Let us embrace this opportunity to learn from one another and build a stronger, more resilient educational community. I look forward to the enriching conversations, collaborations, and insights that will emerge from this conclave. Together, we can make a difference in the lives of our students and pave the way for a brighter, healthier future.

With warm regards,  
Anitha Bijesh  
Principal





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# WHO ARE PEER EDUCATORS?



The Peer Educators are nominated and selected as “**Mental Health Ambassadors**” and leaders educating and creating awareness on Mental Health and Well-being in our school and the community.

## CONCEPTUALIZING THE CONCLAVE

The Peer Educators recognised the importance of mental health awareness and support within the school community. They have created this platform to address and exchange information with peers from other schools and institutes. The focus is on various mental health challenges faced by the youth. They aim to find innovative ways to overcome these problems.

The Central Board of Secondary Education (CBSE) has initiated and supported the Adolescent Peer Educators Leadership programme in collaboration with Expressions India for enriching the Life Skills, Holistic Health and Well-being of students of our country. This programme was launched in the year 2021 and Delhi Public School Bangalore South was one of the first few schools to have been a part of this programme. From 2023 we have successfully conducted ‘The Mind Matters Conclave’ in our school, creating a vibrant platform for students to engage in meaningful dialogue, creative expression, and awareness activities centered around mental health and wellbeing.



# WHO CAN PARTICIPATE?



- Enterprising and talented high school students from your School or Institute from Classes VIII, IX, X, XI, XII along with 1<sup>st</sup> year and 2<sup>nd</sup> year college students, can participate in this event.
- Teacher Coordinators and Counsellors from participating school/institutes.
- Participants who have passion and true commitment towards raising awareness and promoting mental health within the school community and outside.
- Students with effective communication and leadership skills.
- Students who are interested to gain more knowledge about Life Skills and Mental Health topics.

# WHY DO YOU NEED TO PARTICIPATE?

- To celebrate the World Mental Health Day being observed on 10th October.
- Promote Mental Health and Well-being among students, teachers and other staff members within the school community and outside.
- Personal Growth and Learning.
- Promotion of holistic development in the school community.
- Nurture Leadership Skills.
- Gain knowledge from our interactive workshops and panel discussions by renowned Mental Health Professionals and Guest Speakers from all walks of life.
- Exposure and awareness on the best practices of Life Skills and Mental Health in schools and institutes.



# GENERAL INSTRUCTIONS



- The school or college team must be accompanied by 2 teachers - the Teacher Coordinator and one School Counsellor.
- **Registration opens on 14th August 2025 and the deadline for registrations is 30<sup>th</sup> September 2025.**
- Students can participate in more than one event as long as they are aware of the date and time.
- Details of the event, the topics, and the venue have been mentioned in the brochure.
- Kindly register for the events using the link that has been given below before 30th September 2025.
- Please ensure that only correct information is entered, as no changes will be accommodated after registration.
- All participants must report for registration in Open Auditorium (DPSBS) at 8:30 am on Friday, 10th October 2025.
- Registration counters will open at 8:30 am.
- The inaugural ceremony with the lighting of the lamp is scheduled at 9:00 am on 10<sup>th</sup> October 2025.
- All participants must wear their school uniform and ID cards.
- For registration details, refer next page.
- If you have any questions, please contact Ms. Swati Banerjee on 9945217954 between 3-6 pm.
- Breakfast is included on both the days of the event.
- Carry your own water bottles.





# Events





# YUVA SANSAD

Date: 11<sup>th</sup> October 2025 (Day 2)

Time: 10:00am–12:30pm

Venue: AV room, Alke Block(3rd floor)

Participants: 5 per school/college

A parliamentary-debate simulation where participants, assigned one of five ministries, analyse policies on ten critical social topics of women's welfare, health, education, misinformation, substance abuse—within a structured, time-bound format that emphasizes research, rebuttal, and policy critique.

## TOPICS:

- **Skilling and Employment for Women:** programmes to enhance skill development and employment opportunities for women.
- **Child Rights and Protection:** Ensuring the implementation of the Juvenile Justice Act and other child protection laws.
- **Empowerment of Women in Rural Areas:** Discuss policies and programmes aimed at improving the socio-economic status of women in rural regions.
- **Tobacco and Substance Abuse Prevention:** Strategies to reduce the use of tobacco and other substances, particularly among youth.
- **Universal Health Coverage:** Strategies to ensure affordable and accessible healthcare for all citizens.
- **Combating Fake News and Misinformation:** Strategies to identify and counteract the spread of false information
- **Impact of Media on Youth and Culture:** Analysing how media influences youth behaviour, culture, and societal norms.





# YUVA SANSAD

- **National Education Policy Implementation:** Discussing the strategies and challenges in implementing the National Education Policy (NEP) 2020.
- **Skill Development and Vocational Training:** Integrating skill development programmes with mainstream education to enhance employability.
- **Combating Substance Abuse:** Initiatives to prevent and treat substance abuse, particularly among youth.

## CRITERIA FOR JUDGEMENT

- Knowledge and research of the topic
- Articulation and presentation skills of the team
- Debate and engagement during the session of the team members
- Decorum maintained by the teams
- Collaboration and team effort
- Time management

## RULES AND REGULATIONS

- There are 5 ministries present. They are –
  1. Ministry of Woman and Child Development
  2. Ministry of Health and Family Welfare
  3. Ministry of Information and Broadcasting
  4. Ministry of Education
  5. Ministry of Social Justice and Woman Empowerment
- Participants must research about all ten topics to find policies and implementations of the same in accordance with the five ministries.
- The participants must bring their research along with them.







# YUVA SANSAD

- **Eligibility Criteria:** Students of classes IX,X,XI,XII and 1<sup>st</sup> year and 2<sup>nd</sup> year students can register.
- Laptops and mobiles are to be carried.
- Ministries will be assigned to the students through chits on spot.
- Participants will be given one hour for preparation.
- Each ministry gets to speak for 3 minutes.
- Opposition ministries must note down points and question the policies and implementations of other ministries.
- The Moderator will guide the discussions, maintain discipline, and enforce rules.
- Respectful conduct: Students must maintain a respectful and non-judgmental tone throughout the discussion.
- Active listening: Everyone should actively listen to others when they are speaking, without interruption.
- Equal participation: Each team member must actively participate in giving ideas, plans and policies during the session.
- Stay on topic: Keep the discussion focused on the given mental health topic and avoid divergence.
- Confidentiality: Emphasize the importance of respecting the privacy and confidentiality of personal experiences shared during the discussion .
- Constructive Feedback: Providing feedback or sharing personal experiences should be done in a constructive and supportive manner.
- Time Management: Allocate a specific amount of time for each discussion to ensure that all topics are covered within the allotted time frame.





# JAM

Date: 11<sup>th</sup> October 2025 (Day 2)

Time: 10:00am to 11:30 am

Venue: German Lab, Aidos Block (2nd Floor)

Participants: 2 per school / college

An impromptu-speaking challenge where each participant delivers a compelling, continuous one-minute talk on a surprise mental-health theme, judged on spontaneity, coherence, and content under real-time pressure.

## TOPICS:

- 1) A strong mind is not the one without tears
- 2) Mental health is wealth too
- 3) Talking helps more than you think
- 4) Its okay not to be okay
- 5) The power of a pause
- 6) I am my own biggest cheerleader
- 7) Confidence begins with self acceptance
- 8) Not perfect, just growing
- 9) Kindness begins with me
- 10) Marks' don't define my worth
- 11) Comparison is a thief of joy
- 12) Not every race needs to be run







- 13) In a world full of filters be real
- 14) Gratitude changes attitude
- 15) Empathy is the super power we all need

## RULES AND REGULATIONS

- **Eligibility Criteria:** Students of classes VIII,IX,X,XI,XII along with 1<sup>st</sup> and 2<sup>nd</sup> year students can register.
- Each participant will be given a topic from the topics mentioned above.
- Each participant will be given a minute to speak on the topic.
- Medium of speech will be English.
- Participants must speak continuously without long pauses or hesitation. Hesitation or momentary pauses can open the floor to challenges.
- The participant must avoid repeating the same words or phrases during the one-minute talk.
- Other participants can challenge the speaker if they believe there was hesitation, repetition, or deviation. They can say "Just a minute!" and explain the issue.
- The buzzer will be pressed twice, once when 45 seconds have passed and the final at the end of a minute.
- The participants will be judged on spontaneity, method, content, and fluency.
- Usage of foul language will lead to disqualification.







# NUKKAD NATAK

Date: 10<sup>th</sup> October 2025 (Day 1)

Time: 10:40 am to 12:45 pm

Venue: Amphitheatre, Eleos Block

Participants: 8 per school/college

A street-play competition that dramatizes pressing mental-health themes—resilience, stigma, cyberbullying, academic stress—using powerful storytelling, performance, and audience engagement to drive social awareness.

## TOPICS

- **Mann Ki Baat:** Seeking Help is a strength and not a weakness
- **Ek Mukhota Muskaan Ka:** Smiling through sadness—the hidden struggles behind happy faces.
- **Waqt Par Pehchaan:** Awareness of anxiety and depression in teenagers can prevent a crisis.
- **Soch Badlo, Samaaj Badlega-** Gender discrimination and its toll on mental health
- **Digital Duniya Ka Aks:** Social Media addiction and cyberbullying effect on mental health and wellbeing of students
- **Pariksha Ka Pressure Cooker-** Immense stress and burnout are causing serious mental health challenges in the youth
- **Mujse Baat Karo:** Counsellors call for suicide prevention and early assessment can protect the lives of the young.
- **Number ka naam zindagi Nahi Hain:** Learning is important and not just merely scoring in exams.





# NUKKAD NATAK

## CRITERIA FOR JUDGEMENT

- Relevance to the given topic.
- The narrator's introduction of the story.
- Script and dialogue of the play.
- The actors' performances, body language and clarity of dialogue will be assessed.
- Creativity and originality of the story will be assessed.
- Audience engagement will be assessed.

## RULES AND REGULATIONS

- **Eligibility Criteria:** Students of classes VIII,IX,X,XI,XII along with 1<sup>st</sup> and 2<sup>nd</sup> year students can register.
- It can be enacted in any language. However, the narrative is to be explained to the judges and audience in English before the enactment.
- The duration of this competition is 5-7 minutes, considering only the constraint of time.
- Students will have very limited time to get ready for the competition and are expected to be ready with paraphernalia before 9:45 am.
- The first warning bell will be sounded after 5 minutes, and the final bell after 7 minutes.
- If the team takes more time than permitted, there will be negative marking.
- Use of foul/obscene language of any kind is prohibited.
- Students need to carry their own props for this competition and they need to be handmade.
- Musical Instruments can be carried by respective schools for this competition.





# REELMAKING

Deadline: 5th October 2025

Participants: 4 to 5 per school / college

A short-video competition where participants craft 30–60-second reels centered on a mental-health topic, demonstrating storytelling flair, visual innovation, and accessibility, with an emphasis on positive, constructive messaging.

## TOPICS

- Busting myths and facts about mental health.
- Unspoken battles- A silent reel showing the struggles of a student.
- Dear Anxiety- A letter or a monologue describing the struggles of a student facing anxiety in her or his life.
- If my thoughts had a voice,- creative inner dialogue about one's opinion of the various challenges that he or she wants to share with people around.
- From breakdown to breakthrough- a transformation all in a minute.
- One compliment can save a day ( a reel showing the power of kind words).

*Note:- The first four award winners will be able to showcase their reels during award ceremony.*







# REELMAKING

## RULES AND REGULATIONS:

- **Eligibility Criteria:** Students of classes VIII,IX,X,XI,XII along with 1<sup>st</sup> and 2<sup>nd</sup> year students can register.
- Participants can enter individually (number of actors is optional).
- Content must be respectful, informative, and aimed at promoting mental well being.
- All content must be original. Plagiarism will result in disqualification. Proper citations must be provided for any referenced material.
- Reels must be in English.
- Reels must be submitted to [dpspeereducators24@gmail.com](mailto:dpspeereducators24@gmail.com) with the participant's school name, class, email address and phone number.
- Late submissions will not be accepted.

## VIDEO GUIDELINES

- Each video should focus on any one of the given topics.
- Suitable music should be used.
- Videos must be between 30 to 60 seconds in length.
- Creativity in storytelling and use of visual elements is encouraged to engage the audience within the short format.
- Original content focusing on positive and constructive messages about mental health.
- Avoidance of language or imagery that may be triggering or offensive to individuals experiencing mental health challenges.
- Subtitles or closed captions must be included in the video for accessibility.
- Visual content should be clear and easy to understand.
- Deadline for video submissions is 5th October 2025 in [dpspeereducators24@gmail.com](mailto:dpspeereducators24@gmail.com)
- For any details, please connect with Mrs. Swati Banerjee (9945217954)



# UTOPIA

## POSTER MAKING

Date: 10<sup>th</sup> October 2025 (Day 1)

Time: 10:35 am-11:35am

Venue: Open Auditorium Stage

Participants: 2 per school / college (Solo)

UTOPIA is a poster-making competition that invites participants to creatively explore and promote critical themes surrounding mental health. Through visual expression, students will raise awareness, challenge societal taboos, and share positive messages related to emotional well-being, resilience, communication, and inclusion. The event aims to encourage thoughtful reflection and advocacy through art.

## TOPICS

- Digital Detox: Unplug to Recharge
- Nurture Yourself to Bloom
- Let's Build a School of Emotionally Smart Minds
- Optimism is a Choice You Can Practice
- Don't Bottle It Up – Speak Up, Reach Out
- Our Mind and its feelings: Every emotion counts
- Mental Health in classrooms: Together we thrive
- Break the Stigma
- Don't surrender to negativity: choose light over darkness
- Mental health is a right, not a privilege
- Talk it out: The Healing power of communication







# UTOPIA

## POSTER MAKING

### CRITERIA FOR JUDGEMENT

- Relevance to the theme.
- Originality.
- Artistic composition.
- Creativity.
- Message conveyed by the poster.

### RULES AND REGULATIONS

- **Eligibility Criteria:** Students of classes VIII,IX,X,XI,XII along with 1<sup>st</sup> and 2<sup>nd</sup> year students can register.
- **Paper Provided:** All participants must use the A3 art sheet provided by the school.
- **Theme:** The topic must be clearly written at the top of the poster.
- **Poster Submission:** Completed posters must be submitted at the designated desk within the given time

#### Poster Creation Rules

- **Materials Allowed:** Posters must be made using pencils, colour pencils, crayons, sketch pens, markers, and oil pastels/paints. Photographs, printouts, wires, and 3D objects are not allowed.
- **Original Work Only:** The poster must be original and handmade by the participant. Any form of plagiarism or external assistance will lead to disqualification.
- **Identification:** Personal Details must be written clearly on the back of the poster: Full Name, Class & Section, Roll Number, Contact Number. Advisable to not include personal information on the front side of the poster.





# PITCH PERFECT

Date: 10<sup>th</sup> October 2025 (Day 1)

Time: 2:35 p.m-3:30 p.m

Venue: German Lab (Aidos Building)

Participants: Maximum 3 per school/college

Unleash your entrepreneurial mind in Pitch Perfect, a platform to present creative and enterprising business ideas that will promote mental health awareness, healing and personal growth. Teams will have to create Power Point presentations on innovative proposals on the topics mentioned below. Each team will get 7 to 10 minutes to present their creative ideas to the judges.

## TOPICS

- **Tech for Tranquility**—In a world where stress, burnout, and digital overload are rising, technology can be both the problem and the solution. Tech for Tranquility invites participants to harness the power of innovation to promote mental wellness. From calming wearables to AI-driven therapy, this theme challenges young entrepreneurs to design tech-based tools that restore balance, support mental health, and make peace more accessible in everyday life.
- **Therapy 2.0** - The future of therapy, reimagined by you. Teams must re-invent therapy to make it more accessible, creative, and youth friendly — like gamified therapy, AR/VR for social anxiety, or community- driven healing circles.



# PITCH PERFECT

## RULES AND REGULATIONS

- **Eligibility Criteria:** Students of classes X,XI,XII along with 1<sup>st</sup> and 2<sup>nd</sup> year students can register.
- Each team must consist of 1 to 3 students from respective schools or colleges
- Financials must be included
- Only one entry per school/college is allowed
- Every team must present their idea through a presentation of their model.
- Topics must be followed strictly
- Students must explain how their idea fits the theme during the pitch
- Judges will assess how realistic, creative, and impactful the model is in solving real-world problems.
- Each team gets 7- 10 minutes to pitch their idea to the judges , followed by a Q&A round of 3-5 minutes.
- Plagiarism is not allowed – ideas must be original.
- Judges' decision will be final and binding.

## CRITERIA FOR JUDGEMENT

1. Originality & Creativity (10 marks)
2. Presentation (10 marks)
3. Price & Prototype (10 marks)
4. Collaboration (10 marks)
5. Practicality & Utility (10 marks)







# BATTLE OF BANDS

Date: 11<sup>th</sup> October 2025 (Day 2)

Time: 2:00pm-4:10pm

Venue: BIA Auditorium

Participants: 8 members per school/college

An electrifying band competition where student performers channel the power of music to express emotion, defiance, courage, and reflection. Bands will be judged on originality, musicality, stage presence, and alignment with the event's expressive themes. It's not just about the sound — it's about the story behind it.

## TOPICS

1. Fighting but there's no enemy
2. Where Shadows Fall Light Descends
3. A Reflection that's Not My Own

## RULES AND REGULATIONS

- **Eligibility Criteria:** Students of classes VIII,IX,X,XI,XII along with 1<sup>st</sup> and 2<sup>nd</sup> year students can register.
- Only bands selected to perform live will be required to pay the event charge of Rs. 500
- Songs can be in English, Hindi, or any regional language
- No click tracks should be used
- No karaoke should be used
- All participants must be appropriately dressed
- School needs to bring their own musical instruments (maximum 3 instruments, drums will be provided) if selected for the grand finale performance.
- 8-10 mics will be provided
- 2 amps will be provided







# BATTLE OF BANDS

- Maximum group size : 8 people
- Minimum group size: 5 people
- Best three performances will be showcased in the Grand Finale.  
Time limit: 10 minutes duration of the music videos

## Format of Submission:

- Video recording of the performance.
- File name format: SchoolName\_BandName\_SongTitle  
(Example: DPS\_South\_RhythmRebels\_YouAreNotAlone.mp4)
- *All videos need to be submitted to [dpspeereducators24@gmail.com](mailto:dpspeereducators24@gmail.com) by 5<sup>th</sup> October 2025. Late submissions will not be considered.*



# LAUGH IT OUT

Date: 11<sup>th</sup> October 2025 (Day 2)

Time: 10:15 am to 11:30 am

Venue: Amphitheatre

Participants: 1 to 2 participants per school

A dynamic stand-up comedy showcase where individual performers use original, respectful humor to spotlight everyday absurdities—from social media failures to supermarket sagas—while maintaining a strictly positive, inclusive vibe.

## TOPICS

1. The glorious failures of social media
2. The unspoken rules of public transport
3. The quirks of family gatherings: Love , Laughter and Passive aggression
4. The reliability of "Fake it till you make it" (academically speaking)
5. The absurdity of our post-pandemic habits : The new 'normal'
6. The unspoken rules of supermarket shopping: An epic quest for groceries
7. The mundane horrors of bureaucracy and customer service
8. Our obsession with 'convenience' ( and how it makes things harder)
9. The daily drama of the school hallway
10. The unsung heroes of the school staff





# LAUGH IT OUT

## RULES AND REGULATIONS

1. **Eligibility:** Students from classes X,XI,XII and college students from 1<sup>st</sup> and 2<sup>nd</sup> year can participate.
2. Solo participation only even if there are more than 1 representing a school.
3. The routine must be original and focused on the theme of mental health, wellbeing, and emotional awareness.
4. Content should be sensitive, respectful, and free from stigmatizing or offensive language.
5. Avoid jokes targeting specific individuals, communities, or mental health conditions.
6. Maximum performance time: 3-5 minutes.
7. Exceeding the time limit may result in deduction of marks.
8. Language must be in English only.
9. Content must be clear and understandable to a general audience.
10. Submission Format :
  - Participants must submit a recorded video of their performance in MP4 format to the email id [dpspeereducators24@gmail.com](mailto:dpspeereducators24@gmail.com) by 5<sup>th</sup> October 2025.
  - Shortlisted participants will perform live during the Mind Matters Conclave.
  - Top 3 performers will receive certificates and trophies.





# BEHAVIOUR SCIENTISTS

## PAPER PRESENTATION

Date: 10<sup>th</sup> October 2025 (Day 1)

Time: 2:40pm to 4:00 pm

Venue: BIA Auditorium

Participants: 1 teacher and 2 students

- The Inquiry into Minds: School Research Symposium
- As part of *Mind Matters*—our two-day initiative to promote mental health awareness and education—offers an academic platform for students to engage in psychology-based research. This interschool research paper presentation competition encourages learners to explore emerging issues in mental health and human behaviour, sharpen their critical thinking skills, and foster ethical inquiry.
- Students are invited to present original research work and participate in thought-provoking discussions with peers and experts.

## TOPICS

1. Stress and Coping Mechanisms in Schools
2. Emotional Intelligence and Peer Relationships
3. Psychology of Learning and Motivation
4. Impact of Social Media on Adolescent Mental Health
5. Emotional Intelligence in School Settings
6. Peer Pressure and Self-esteem



# BEHAVIOUR SCIENTISTS

## PAPER PRESENTATION

### RULES AND REGULATIONS

- Eligibility: Students from Grades X, XI, and XII
- Boards: CBSE, ICSE, IGCSE, IB, PU
- Research Paper Guidelines  
Structure: Title Page (Title, Participant Names, Faculty Guide (counsellors or teachers), School Name)  
Abstract (150–200 words)
- Main Paper: Introduction, Statement of the Problem, Review of Literature, Methodology, Discussion, Findings, Conclusion, References (APA Format)
- Formatting: Font: Times New Roman | Size: 12 | Language: English ,
- Word Limit: 3000–3500
- Plagiarism check
- PowerPoint Guidelines:  
Slide Limit: 6–8 slides
- Must Cover: Introduction, Problem Statement, Literature Review, Methodology, Findings, Conclusion
- Presentation Duration: 6 minutes + 2 minutes Q&A
- First bell at 6 minutes, final bell at 8 minutes
- Teams of 2 students (max 2 teams per institution)
- Important Dates  
Abstract Submission: September 12, 2025  
Full Paper Submission: September 30, 2025  
Email for Paper Submission: [psychinforesarch@gmail.com](mailto:psychinforesarch@gmail.com)





# MIND IN MOTION

- Date: 10<sup>th</sup> October 2025 (Day 1)
- Time: 10:30 am to 12:30 pm
- Venue: German Lab, Aidos Block (2nd Floor)
- Participants: 2 students per school
- “Mind in Motion” is the action-packed competition segment of Mind Matters, bringing psychology to life through a series of fun, fast-paced, and mentally stimulating challenges. Each round is designed to test observation, cognition, emotional intelligence, and critical thinking—putting psychological concepts into motion!
- Students from class IX to XII with basic understanding of psychological concepts can participate.

## INTERACTIVE STALLS

Step into immersive spaces designed to bring psychology to life through hands-on exploration.

## EXPERIENCE ROOMS

- Optical Illusion Room: Discover the fascinating world of visual perception. This room features interactive illusion exhibits that challenge how we see and interpret reality—highlighting how the brain can be tricked by what the eyes perceive.
- Therapy Experience Room: Enter a calming, thoughtfully curated environment that introduces students to real-world therapeutic tools and techniques. Explore how various sensory and psychological elements contribute to emotional well-being and mental health support.





# NATYALAYA

Date: 10<sup>th</sup> October 2025 (Day 1)

Time: 10:35 am to 12:45 pm

Venue: BIA Auditorium

Participants: Maximum 3 participants /school  
(Solo performances only)

An Indian classical dance competition conveying social messages and emotional narratives—ranging from empowerment to trauma recovery, through traditional abhinaya, choreography, and musicality.

## TOPICS

### 1. Awaaz – Dance as a Voice

Concept: Dance with a social message

Presentation: Performances centered around themes like women empowerment, environmental awareness, and unity in diversity.

Message: Dance becomes a voice for the voiceless, amplifying social causes through expressive movement.

### 2. Saaz Aur Awaaz

Concept: Instruments in Dance

Presentation: Each performance is inspired by a traditional Indian instrument, interpreting its sound and essence through choreography.

Message: Showcasing how music and movement together can tell compelling stories and evoke deep emotional responses.

### 3. Spandan – The Heartbeat of Emotions

Concept: Expressing the navarasas (nine emotions) through dance.

Presentation: Each act embodies a rasa — from love and joy to anger and fear — using abhinaya and expressive choreography.

Message: Celebrating the full spectrum of human emotions and how they shape our inner worlds.





# NATYALAYA

## 4. Shakti – The Power Within

Concept: Rediscovering self-worth and mental strength.

Presentation: Dance pieces celebrating Devi (Durga/Kali) as inner resilience.

Message: Self-love and inner power."

## 5. Nirbhaya – Breaking the Silence

Concept: Mental health issues faced by survivors of trauma or abuse.

Presentation: Expressive abhinaya to portray pain, fear, and eventual empowerment.

Message: Healing and reclaiming agency."

## 6. Sakhi (The Confidante)

Concept: A friend comforting someone with mental distress.

Presentation: Classical narrative format showing support, empathy, and listening.

Message: Power of human connection and support systems."

## RULES & REGULATIONS

- **Eligibility Criteria:** Students of classes VIII, IX, X, XI, XII along with 1<sup>st</sup> and 2<sup>nd</sup> year students can register.
- **Dance Form:** Only Indian classical dance forms are allowed (e.g., Bharatanatyam, Kathak, Odissi, Kuchipudi, etc.)
- **Time Limit:** Each performance must be between 5 to 7 minutes. Exceeding the time limit will lead to deduction of marks.
- **Music:** Only pre-recorded music is allowed. Participants must bring their music on a pen drive in MP3 format. All music need to be submitted to email id [dpspeereducators24@gmail.com](mailto:dpspeereducators24@gmail.com) by 5<sup>th</sup> October 2025. Kindly mention the school name
- **Solo Participation:** Only solo performances are permitted. (There can be two participants from each school)
- **Originality:** Choreography must be original or traditional. Imitation of film-based or non-classical steps will result in disqualification



# SCHEDULE

## DAY 1

Time	Programme	Venue
8:30 am to 9:00 am	Registration & Breakfast	Open Audi
9:15 am to 10:30 am	Lighting of the Lamp and inaugural ceremony	BIA Audi
10:30am to 11:30 pm	Setting up Life Skill Stalls by schools/colleges/organisations	Open Audi
10:40 am to 12:45 pm	Nukkad Natak	Amphitheatre
10:35 am to 12:45 pm	Natyalaya	BIA Audi
10:35 am to 12:30 pm	Mind in Motion	AV Room
10:35 am to 11:35 am	Utopia	Open Audi
11:35 am to 1:20 pm	Visit to the Stalls & Lunch	Open Audi
1:25 pm - 2:30 pm	Interactive session on Teen Mental Health First Aid by MPower	BIA Audi
2:35 pm to 3:30 pm	Pitch Perfect	German Lab
2:40 pm to 4:00 pm	Behaviour Scientists	BIA Audi





# SCHEDULE

## DAY 2

Time	Programme	Venue
8:00 am to 8:20 am	Registration for Day 2 and breakfast	Open Audi
8:25 am to 8:50 am	Shakti (Fashion Show)	BIA Audi
9:00 am to 10:00 am	Panel Discussion by Doctors from Manipal and Bangalore Hospital	BIA Auditorium
10:00 am to 12:30pm	Yuva Sansad	AV Room
10:00 am to 11:30 am	JAM	German Lab
10:15 am to 11:15 am	Interactive Session by Dr Ashwini on Emotional Intelligence and Stress Management for teachers	BIA Auditorium
11:20 am to 12:30 pm	Interactive Session for Parents by Fatima Khader-Asghar on Breaking the Stigma - Talking about Mental Health at home and building resilient children.	BIA Auditorium
10:15 am to 11:30 am	Laugh it Out- Stand Up Comedy	Amphitheatre
10:15 am to 12:40 pm	Mind in Motion (Room Visit)	BIA Block
1:00 pm to 1:30 pm	Lunch	Open Audi
1:35 pm to 2:00 pm	Showcase of Best Reels	BIA Audi
2:00 pm to 4:10 pm	- The Grand Finale with the selected Bands(for Battle of Bands) and Prize Ceremony	BIA Audi



Breakfast is provided for both the days for all participants.

CONTACT US:

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Registration Link for Internal DPS Bangalore South students and External schools/colleges

<https://entrar.in/cd273632523539fo110095199b821c3c/onlineRegistrationConclave/3>

Registration Link for External Delegations

[https://entrar.in/cd273632523539fo110095199b821c3c/onlineRegistrationConclave\\_delegation/3](https://entrar.in/cd273632523539fo110095199b821c3c/onlineRegistrationConclave_delegation/3)



WE LOOK FORWARD TO YOUR PARTICIPATION !

<https://linktr.ee/mindmatters2025>



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# *Thank You*



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